Being Proactive in preventing VTE

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Declarations

I have received honoraria from BI, Roche Diagnostics, Bayer, BMS-Pfizer
What this presentation covers

VTE
• Background
• HAT
• E-thrombosis
Elephant in the room

“I’m right there in the room, and no one even acknowledges me.”
VTE

- Comprises DVT and PE
- 3rd leading cause of cardiovascular mortality
- 25-60,000 deaths per year in UK
- 0.5 – 1 million deaths pa across Europe
- At least 50% due to hospital admission
- 1/20 lifetime incidence
- E-thrombosis
VTE Risk

“Of course what really scares me is the deep vein thrombosis risk”
VTE Risk
Consistent investment and a coherent strategy leads to Department of Health taking ownership for VTE prevention.
Take home message

• Prevention is better than cure
  Role of primary care?
  Nursing/Care homes?
E-thrombosis

- VTE and the Blitz
- Travellers Thrombosis
- E-thrombosis
E-thrombosis

• Not New!
• First described 2003 – Beasley et al ERJ
  – 32 yo male
  – 4-6 week ho calf pain and SOB
  – DVT/PE
  – “sitting at his computer for 12 h per day and on occasions up to 18 h. He would typically sit for 1–2 h, and not infrequently as many as 6 h, without standing up from his workstation.”
• Reported in New Scientist
E-thrombosis

• Gaming
  – www.take-time-out.info
  – 20 yo male died of a PE
  – Not inactive
  – Spent hours playing computer games
  – Worldwide
E-thrombosis

• “Seated immobility syndrome”
• Humans designed to be mobile not sedentary
  – Restrained patients
  – Prayer
  – Size of the Problem?
E-thrombosis

- Accumulating evidence
  - Nurse study- x2 increased risk of PE with immobility (2011)
  - Healy et al – x2.8 risk of VTE with immobility (2010)
  - How many people using computers/gaming?
E-thrombosis - Prevention

• Take a break
  • “Take a break at least every 90 minutes, walk around and Hydrate!”

• Check position
  • Reduction in blood flow
  • Sat on legs, sat on one leg, lay with crossed ankles - X
Best Gaming position?
Conclusion

• E-thrombosis definitely exists
• Scale not known
• Associated with immobility (PC/Gaming)
• Prevention is better than cure
  – Take a Break
  – Check position
• Future research?
• www.take-time-out.info/www.Thrombosisuk.org